

Fiesta Lettuce Wraps and Pepper Boats

Prep time: 45 minutes

Makes: 4 Servings

Using bell peppers and lettuce for wraps is a fun way to increase vegetables on the plate. Lettuce leaves and mini peppers are perfect for a build-your-own Southwestern meal or as appetizers.

Ingredients

- 6 sweet, mini bell peppers
- 8 lettuce leaves
- 1 cup instant brown rice (dry)
- 1 pound tilapia filets, fresh or frozen (thawed)
- 2 teaspoons Southwest chipotle seasoning (no sodium)
- 2 tablespoons canola oil (divided)
- 1/4 teaspoon salt
- 2 limes (divided)
- 1/4 cup reduced-fat sour cream

Directions

1. Slice peppers in half vertically. Arrange lettuce and 8 pepper halves on a serving platter.
2. Cook brown rice according to package directions.
3. To make salsa fresca, dice remaining pepper halves, tomato, and onion; mix with corn, garlic, and jalapeño pepper, and 1/4 tsp salt.
4. Sprinkle both sides of tilapia filets with Southwest chipotle seasoning.
5. Heat 1½ tbsp canola oil in a large nonstick skillet over

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	350	
Total Fat	12 g	18%
Protein	28 g	
Carbohydrates	34 g	11%
Dietary Fiber	7 g	28%
Saturated Fat	2.5 g	13%
Sodium	370 mg	15%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 1/2 cups
Grains	1/2 ounce
Protein Foods	2 1/2 ounces

medium-high heat. Add fish to pan, and cook for 3 minutes on each side (cook fish until it is opaque, 145 °F). Flake with a fork and place in a serving dish.

6. When rice is done, stir in remaining ½ tbsp oil, juice from one lime, and ¼ tsp salt. Cut remaining lime into wedges.

7. To serve, set out pepper-lettuce platter, rice, fish, salsa fresca, sour cream, and lime, and let diners build their own boats and wraps

Notes

Serve with an 8 oz glass of fat-free (skim) milk. Substitute brown rice with another quick cooking grain, such as whole-wheat couscous if desired.